

"Celebrating 40 Years of Caring"

Monday		Tuesday		Wednesday		Thursday		Friday																				
For weather emergencies and cancellations, please check 1420 AM WBSM radio.		1 Sodium (mg): Na ⁺		2 Sodium (mg): Na ⁺		3 Sodium (mg): Na ⁺		4 Sodium (mg): Na ⁺																				
		Cuban Picadillo 251	White/Brown Rice 36	Country Vegetables 32	Multigrain Bread 190	Fresh Orange 0	Roast Pork 71	Apple Gravy 111	Mashed Potatoes 62	Peas & Portobello 80	Mushrooms	Oatmeal Bread 121	Applesauce 20	Salisbury Steak 386	Confetti Rice 43	Broccoli Florets 12	WW Bread 160	Pears 4	Chicken Stew 273	Asparagus 6	Red Bliss Potatoes 4	Biscuit 340	Mandarin Oranges 6					
For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.		Total Sodium: 510		Total Sodium: 464		Total Sodium: 605		Total Sodium: 630																				
		Calories: 454	Carbs: 68	Calories: 575	Carbs: 72	Calories: 558	Carbs: 53	Calories: 521	Carbs: 63																			
7	B	8	B	9	B	10	B	11	B																			
Grilled Chicken w/ Peach Salsa 320	Parsley Mashed Potato 63	Corn 1	WW Bread 160	Brownie 132	Diet: Graham Wafer 85	Irish Beef Stew w/ Vegetables 240	Roasted Potatoes 33	Oatmeal Roll 121	Fresh Orange 0	Tossed Salad w/ Dressing 124	Pasta w/ Meat Sauce 124	Parmesan Cheese 108	Dinner Roll 190	Tropical Fruit 10	Meatloaf w/ Pearl 240	Onions & Gravy 110	Whipped Sweet Potato 62	Green Beans 3	Multigrain Bread 190	LS Pistachio Pudding 110	"Catch of the Day" 40	Lemon Vinaigrette 12	Potatoes Au Gratin 154	California Veg. 27	Honey Wheat Bread 65	Peaches 5		
Total Sodium: 732		Total Sodium: 394		Total Sodium: 556		Total Sodium: 716		Total Sodium: 302																				
Calories: 716		Calories: 552		Calories: 485		Calories: 522		Calories: 547																				
Carbs: 97		Carbs: 63		Carbs: 63		Carbs: 75		Carbs: 51																				
14	A	15	A	16	A	17	A	18	A																			
Hot Dog *550	Mustard Packet 55	Baked Beans 36	Cabbage & Carrots 47	WW HD Roll 210	Mixed Fruit 10	Lentil Soup 233	Chicken Curry 375	Rice Pilaf 134	Tarragon Carrots 77	WW Bread 160	Tropical Fruit 10	Mac n' Cheese 403	Tomato Florentine 121	Peas 82	Fruit Loaf 115	Fresh Orange 0	Turkey w/ Gravy 430	Cranberry Sauce (2) 16	Cheesy Mash. Potato 62	Winter Squash 13	Multigrain Bread 190	Cookie 171	Diet: Graham Wafer 85	Sweet n' Sour Meatballs 194	White/Rice 36	Roman Vegetables 26	Oatmeal Roll 160	Pears 4
Total Sodium: 908		Total Sodium: 990		Total Sodium: 721		Total Sodium: 882		Total Sodium: 420																				
Calories: 599		Calories: 575		Calories: 753		Calories: 868		Calories: 442																				
Carbs: 72		Carbs: 77		Carbs: 106		Carbs: 139		Carbs: 58																				
21	B	22	B	23	B	24	B	25	B																			
Chicken A La King 183	Confetti Rice 43	Scandinavian Blend 42	WW Roll 160	Mandarin Oranges 6	Hamburger 200	Ketchup 82	Tater Tots 136	Zucchini & Sum. Squash 3	WW Hamburger Roll 230	Cantaloupe 2	Roasted Chicken w/ Red Pepper Pesto Sauce 7	Italian Pasta 1	Tuscan Vegetables 56	Multigrain Roll 190	Fresh Orange 0	Beef & Broccoli 108	Asian Rice 92	Oatmeal Roll 121	Pineapple 1	Fortune Cookie 2	Potato Pollock Filet 337	Tartar Sauce 261	Mashed Potatoes 62	Riviera Vegetables 16	Potato Bread 115	Mixed Fruit 10		
Total Sodium: 434		Total Sodium: 711		Total Sodium: 574		Total Sodium: 325		Total Sodium: 801																				
Calories: 471		Calories: 521		Calories: 519		Calories: 580		Calories: 690																				
Carbs: 58		Carbs: 56		Carbs: 66		Carbs: 66		Carbs: 84																				
28	A	29	A	30	B	31	B	All Meals include: <u>Milk:</u> 100 Calories 107mg Sodium 12g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium																				
Omelet w/ Broccoli & Cheese Sauce 387	Hash Browns 136	California Vegetables 27	Fruit Loaf 190	Fresh Fruit 1	Chicken Bruschetta 394	Florentine Rice 112	Carrots & Green Beans 38			Oatmeal Bread 121	Tropical Fruit 10	Shepherd's Pie 421	Oregon Vegetables 41	Multigrain Roll 190	Mini Key Lime Pie 209	Diet: Low-Sugar Cake 210	Turkey Stir-Fry 491	Lo Mein Noodles 28	WW Roll 160	Pineapple w/ Shredded Coconut 1								
Total Sodium: 742		Total Sodium: 675		Total Sodium: 722		Total Sodium: 681																						
Calories: 624		Calories: 406		Calories: 760		Calories: 468																						
Carbs: 85		Carbs: 53		Carbs: 118		Carbs: 84																						

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : * Indicates a food with more than 500mg sodium
"Catch of the Day" will vary based on availability : Menu is subject to change without notice

Your voluntary \$2 donation today, provides more meals tomorrow.